

# Brian N. Chin

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## Employment

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**Assistant Professor of Psychology, Trinity College** 2022 – present

**T32 Postdoctoral Fellow in Cardiovascular Behavioral Medicine, University of Pittsburgh** 2020 - 2022

- Affiliated with Center for Sleep and Circadian Science's T32 training program in Translational Sleep Medicine
- Co-advisors: Thomas Kamarek, Martica Hall, and Daniel Buysse

## Education & Training

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**Carnegie Mellon University, Ph.D. in Social, Personality, and Health Psychology** 2020

- Co-advisors: Sheldon Cohen, David Creswell, and Brooke Feeney

**Carnegie Mellon University, M.S. in Psychology** 2018

**Stony Brook University, B.S. in Psychology, Magna Cum Laude** 2015

**Staten Island Technical High School** 2011

## Honors, Awards, & Research Support

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**American Psychosomatic Society – Young Investigator Award** 2022

- ‘Sleep regularity as a mechanism linking social integration and lower cardiometabolic risk in middle-aged adults’
- Prepared 6-page NIH-style research proposal that was selected for award by competitive review

**Carnegie Mellon University – Herbert A. Simon Graduate Teaching Award** 2020

- For outstanding contributions to the teaching mission of the Carnegie Mellon University psychology department

**International Congress on Integrative Medicine and Health – Congress Travel Award** 2020

**Carnegie Mellon University – Small Undergraduate Research Grant (Co-Advisor) - \$1000** 2019

- ‘Emotional synchrony preferences in romantic relationships’
- Co-advised 2 senior thesis students who submitted a 2-page small internal grant proposal that was funded

**Mind & Life – Summer Research Institute Fellow** 2016, 2017

**Carnegie Mellon University – Graduate Student Small Project Help Grant (PI) - \$750** 2016

- ‘A novel non-verbal measure of emotional valence’
- Prepared 2-page small internal grant proposal that was funded

**National Science Foundation – Graduate Research Fellowship Honorable Mention** 2016

- ‘Emotional activation (not emotional valence) elicits cortisol’
- Prepared 4-page external fellowship proposal

**Stony Brook University – Psychology Department’s John W. Perry Endowed Scholarship Award** 2014

## Teaching Experience

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- Instructor, Trinity College** Fall 2022  
**Courses: Social Psychology, Social Psychology Laboratory**
- Instructor, University of Pittsburgh Medical Center** 2021  
**Workshop: Promoting Open Science and Reproducibility in Sleep & Circadian Rhythms Research**  
 • *Invited workshop presented at meeting of the Sleep Medicine T32 Analysis & Methodology Group*
- Instructor, University of Pittsburgh Medical Center** 2020  
**Workshop: Conceptual Foundations of Multilevel Modeling and Longitudinal Data Analysis**  
 • *Invited workshop presented at training seminar of Translational Research Training in Sleep Medicine T32*
- Co-Instructor, Carnegie Mellon University**  
**Course: Health Psychology Senior co-instructor: Sheldon Cohen** 2019  
 • *2020 Herbert A. Simon Graduate Teaching Award, CMU*  
 • *End-of-semester student evaluations (78% response rate) rated the overall course quality as 4.9 / 5*

## Mentoring Experience

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I have closely mentored 25 current/future scientists at various career stages; I worked with each of these students to develop their scientific thinking and research identities through weekly meetings and meaningful involvement in research projects. Many of these former mentored students are enrolled in graduate training, while others work for non-profits or hold lab manager positions.

## Diversity, Equity, & Inclusion

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I was born to Chinese and Hong Kongese immigrants, raised in a socioeconomically-disadvantaged environment, and became a first-generation college student and graduate. I am especially enthusiastic about providing supportive mentorship to first-generation college students, and students from Asian/Asian American backgrounds. To date, I have closely mentored 15 students from racial minority backgrounds (many Asian and Asian-American students) who have subsequently pursued graduate training and/or joined the biomedical workforce.

## Publications

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\*Denotes mentored student

### Published manuscripts

- Berger, S. E., **Chin, B.**, Basra, S., & Kim, H. (2015). Step-by-step: A microgenetic study of the development of strategy choice in infancy. *British Journal of Developmental Psychology*, 33, 106-122.
- Chin, B.**, Nelson, B. N., Jackson, F. L., & Proudfit, G. H. (2016). Intolerance of uncertainty and startle potentiation in relation to different threat reinforcement rates. *International Journal of Psychophysiology*, 99, 79-84.
- Chin, B.**, Murphy, M. L. M., Janicki-Deverts, D., & Cohen, S. (2017). Marital status as a predictor of diurnal salivary cortisol outputs and slopes in a community sample of healthy adults. *Psychoneuroendocrinology*, 78, 68-75.

4. **Chin, B.**, Murphy, M. L., & Cohen, S. (2018). Age moderates the association between social integration and diurnal cortisol measures. *Psychoneuroendocrinology*, 90, 102-109.
5. Lindsay, E.K., **Chin, B.**, Greco, C.M., Young, S., Brown, K.W., Wright, A.G.C., Smyth, J.M., Burkett, D., & Creswell, J.D. (2018). How mindfulness training promotes positive emotions: Dismantling acceptance skills training in two randomized controlled trials. *Journal of Personality and Social Psychology*, 115(6), 944-973.
6. \*Slutsky, J., **Chin, B.**, Raye, J., & Creswell, J. D. (2019). Mindfulness improves employee well-being: A randomized controlled trial. *Journal of Occupational Health Psychology*, 24(1), 139-149.
7. **Chin, B.**, \*Slutsky, J., Raye, J., & Creswell, J. D. (2019). Mindfulness Training Increases Positive Affect and Reduces Stress At Work: A Randomized Controlled Trial. *Mindfulness*, 10(4), 627-638.
8. Creswell, J.D., Villalba, D., Lindsay, E.K. & **Chin, B.** (2019). Mindfulness interventions for physical health: mechanisms and outcomes. *Psychosomatic Medicine*, 81(3), 224-232.
9. **Chin, B.**, Lindsay, E. K., Greco, C. M., Brown, K. W., Smyth, J. M., Wright, A. G., & Creswell, J. D. (2019). Psychological mechanisms driving stress resilience in mindfulness training: A randomized controlled trial. *Health Psychology*, 38(1), 759-768.
10. Villalba, D. K., Lindsay, E. K., Marsland, A. L., Greco, C. M., Young, S., Brown, K. W., ... **Chin, B.**, & Creswell, J. D. (2019). Mindfulness training and systemic low-grade inflammation in stressed community adults: Evidence from two randomized controlled trials. *PLoS one*, 14(7), e0219120.
11. **Chin, B.** & Cohen, S. (2020). Review of the association between number of social roles and cardiovascular disease: Graded or threshold effect?. *Psychosomatic Medicine*, 82(5), 471-486.
12. **Chin, B.**, Lindsay, E. K., Greco, C. M., Brown, K. W., Smyth, J. M., Wright, A. G., & Creswell, J. D. (2021). Mindfulness interventions improve momentary and trait measures of attentional control: Evidence from a randomized controlled trial. *Journal of Experimental Psychology: General*, 150(4), 686-699.
13. Tracy, E. L., **Chin, B. N.**, Lehrer, H. M., \*Carroll, L. W., Hall, M.H., & Buysse, D. J. (in press). Coping strategies moderate the effect of perceived stress on sleep and health in older adults during the COVID-19 pandemic. *Stress and Health*.
14. **Chin, B. N.**, Tracy, E. L., Lehrer, H. M., \*Carroll, L. W., \*Lacey, P. N., Kimutis, S. K., Buysse, D. J., & Hall, M.H. (in press). Social integration and sleep quality during the COVID-19 pandemic: Prospective evidence from a study of retired older adults. *Behavioral Sleep Medicine*.
15. **Chin, B. N.**, Dickman, K. D., Koffer, R. E., Cohen, S. C., Hall, M. H., & Kamarck, T. K. (2022). Investigating sleep and daily social experiences as potential mechanisms linking social integration to nocturnal blood pressure dipping. *Psychosomatic Medicine*, 84(3), 368-373.
16. **Chin, B. N.** & Feeney, B. C. (in press). Physiological bases of secure base support-provision in a longitudinal study of married older adult couples. *Psychophysiology*.

**Manuscripts under review**

1. **Chin, B. N.**, Kamarck, T. W., Kraut, R. E., Zhao, S., Hong, J. I., & Ding, E. Y. (major revision). How perceived support and everyday social interactions promote mental health during the COVID-19 pandemic.
2. \*Xie, Y., **Chin, B. N.**, & Feeney, B. C. (major revision). Mechanisms linking attachment orientation to sleep quality in married couples.
3. **Chin, B. N.**, Price, S., Dutcher, J. M., Villalba, D. K., Tumminia, M. J., Creswell, K. G., Dey, A. K., & Creswell, J. D. (under review). Actigraphic sleep health disparities between Asian and White college students.
4. **Chin, B. N.**, Kahru, K. M., Lehrer, H. M., Stahl, S. T., Krafty, R. T., Hall, M. H., Buysse, D. J., & Smagula, S. F. (under review). Rest-activity rhythm characteristics and subsyndromal depression symptoms in retired day- and night-shift workers.
5. **Chin, B. N.**, Lehrer, H. M., Tracy, E. L., Barinas-Mitchell, E., Wilckens, K. A., Carroll, L. W., Buysse, D. J., & Hall, M. H. (under review). Cardiometabolic function in retired night shift workers and retired day workers.

### **Selected invited talks and conference presentations**

1. Jagiellowicz, J., Aron, A., Aron, E., & **Chin, B.** (2013, January). *Sensitive souls not necessarily negative: The relationship between sensory-processing sensitivity and emotional reactivity*. Poster presented at the meeting of Society for Personality and Social Psychology, New Orleans, LA.
2. Ducz, J., Berger, S. E., **Chin, B.** (2015, March). *Hand over foot: Differences in bimanual and bipedal coordination in children*. Poster presented at the meeting of the Society for Research in Child Development, Philadelphia, PA.
3. **Chin, B.**, Jackson, F., Nelson, B. N., Proudfit, G. H. (2015, April). *Intolerance of uncertainty and reinforcement rate of threat: A startle electromyography investigation*. Poster presented at the Social & Affective Neuroscience Society Annual Meeting, Boston, MA.
4. Cohen, S., Janicki-Deverts, D., & **Chin, B.** (2016, March). *The common cold project – 5 studies of behavior, biology, and the common cold: A data repository*. Poster presented at the meeting of the American Psychosomatic Society, Denver, CO.
5. **Chin, B.**, Murphy, M. L. M., Janicki-Deverts, D., & Cohen, S. (2017, January). *Marital status as a predictor of diurnal salivary cortisol outputs and slopes in a community sample of healthy adults*. Selected for data blitz talk and presented at the Social Personality and Health Network Preconference, San Antonio, TX.
6. **Chin, B.**, \*Kwon, S., \*Chen, S., \*Morrison, M., \*Sunder, G., Creswell, K. G., Cohen, S. C., & Creswell, J. D. (2017, April). *A novel non-verbal measure of emotion*. Poster presented at the 2017 Innovation With Impact meeting, Pittsburgh, PA.
7. \*Slutsky, J., **Chin, B.**, & Creswell, J. D. (2018, April). Mindfulness training increases positive affect and reduces stress at work: A randomized controlled trial. In I. Mete (Chair), *Exploring the benefits of mindfulness at work: Recent advances*. Symposium conducted at the 33rd annual meeting of the Society for Industrial Organizational Psychology, Chicago, IL.
8. Villalba, D. K., Lindsay, E. K., Marsland, A. L., Greco, C. M., Young, S., Brown, K. W., ... **Chin, B.**, & Creswell, J. D. (2018, March). *The role of acceptance training on circulating CRP: A mindfulness randomized controlled trial*. Poster presented at the meeting of the American Psychosomatic Society, Louisville, KY.

9. Lindsay, E. K., Young, S., Greco, C., Smyth, J. M., Brown, K. W., Wright, A., **Chin, B.** & Creswell, J. D. (2019, March). *Smartphone and in-person mindfulness interventions boost positive emotions through acceptance mechanisms: Evidence from two randomized controlled trials*. Poster presented at the meeting of the American Psychosomatic Society, Vancouver, BC.
10. **Chin, B. N.** (2019, December). *Mechanistic pathways linking social relationships and health*. Invited research talk at training seminar of Cardiovascular Behavioral Medicine T32, Pittsburgh, PA.
11. **Chin, B. N.** (2020, February). *Introduction to close relationships research*. Invited lecture at Adelphi University, Garden City, NY.
12. **Chin, B. N.** (2020, February). *Mechanistic pathways linking social relationships and health*. Invited research talk at Adelphi University, Garden City, NY.
13. **Chin, B.**, Lindsay, E. K., Greco, C. M., Brown, K. W., Smyth, J. M., Wright, A. G. C., & Creswell, J. D. (2020, May). *Psychological mechanisms driving stress resilience in mindfulness training: A randomized controlled trial*. Poster accepted for presentation at the meeting of the International Congress on Integrative Medicine and Health, Cleveland, OH. (Conference cancelled).
14. **Chin, B. N.**, Hall, M. H., Koffer, R. E., Dickman, K. D., Cohen, S., & Kamarck, T. W. (2020, December). *Actigraphy-assessed sleep and daily social experiences as mechanisms linking social integration to nocturnal blood pressure dipping*. Selected for virtual citation poster and presented at the online meeting of the American Psychosomatic Society.
15. **Chin, B. N.** & Feeney, B. C. (2021, February). *Cardiovascular challenge reactivity facilitates support provision and promotes well-being: Evidence from a three-year study of married older adults*. Selected for data blitz and presented at the Close Relationships preconference of virtual SPSP 2021.
16. **Chin, B. N.** (2021, February). *Behavioral mechanisms linking social relationships to cardiovascular disease risk: Identifying opportunities for intervention*. Invited presentation at training seminar of Cardiovascular Behavioral Medicine T32, Pittsburgh, PA.
17. **Chin, B. N.**, Tracy, E. L., Lehrer, H. M., \*Carroll, L. W., \*Lacey, P. N., Kimutis, S. K., Buysse, D. J., & Hall, M.H. (2021, June). *Social integration and sleep quality during the coronavirus pandemic: Prospective evidence from a study of retired shift workers*. Poster selected for presentation at SLEEP 2021.
18. **Chin, B. N.**, Dickman, K. D., & Kamarck, T. W. (2021, November). *Social relationships and sleep during midlife*. Selected for data blitz and poster presentation at the 6<sup>th</sup> Annual Sleep & Circadian Science Sleep Research Day, Pittsburgh, PA.
19. Kahru, K. M., **Chin, B. N.** Lehrer, H. M., Stahl, S. T., Krafty, R. T., Hall, M. H., Buysse, D. J., & Smagula, S. F. Past night-shift work in retired older adults with subsyndromal depression is associated with decreased afternoon activity. Selected for poster presentation at the University of Pittsburgh Department of Psychiatry Annual Research Day, Pittsburgh, PA.

20. **Chin, B. N.** (2021, December). *Introduction to sleep research: The two-process model and dimensions of sleep health*. Invited lecture at Ramapo College, Mahwah, NJ.
21. **Chin, B. N.** (2021, December). *Mechanisms linking social factors and health*. Invited research talk at Ramapo College, Mahwah, NJ.
22. **Chin, B. N.** (2021, December). *Introduction to analysis of variance*. Invited lecture at Trinity College, Hartford, CT.
23. **Chin, B. N.** (2021, December). *Mechanisms linking social factors and health*. Invited research talk at Trinity College, Hartford, CT.
24. **Chin, B. N.**, Dickman, K. D., & Kamarck, T. W. (2022, March). *Actigraphic sleep regularity as a mechanism linking social integration and systemic inflammation in midlife adults*. Selected for full-length oral presentation in the *Sleep* symposium session at the 78<sup>th</sup> annual meeting of the American Psychosomatic Society, Long Beach, CA.
25. \*Xie, Y., **Chin, B. N.**, & Feeney, B. C. (2022, July). *Mechanisms linking attachment orientation to sleep quality in married couples*. Selected for full-length oral presentation at the 2022 International Association for Relationship Research (IARR) Conference.

### **Book chapters**

1. Cohen, S., **Chin B.**, & Zajdel, M. (2019). Cold, Common. In C. Llewellyn, S. Ayers, C McManus, S. Newman, K, J. Petrie, T. A. Revenson, & J Weinman, (Eds.), *Cambridge handbook of psychology, health and medicine* (3rd Edition). NY: Cambridge University Press.